Obesity

Obesity is having too much excess of body fat. Many Americans are obese because they eat so much fast food and junk food, so therefore they are overweight. Back in the day, ancient Egyptians considered obesity as a disease! Also, the Aztecs believed that obesity was supernatural, an affliction of the gods. Throughout the history of obesity, the public has stated that the amount of people that are obese has changed considerably in the 1900’s. Some symptoms that are caused by obesity are breathlessness, sweating a lot, snoring, difficulty sleeping, inability to cope with sudden physical activity, feeling very tired every day, and back and joint pains. Being obese, you can increase the risk of high blood pressure, heart disease, stroke, breast cancer in women and many more. As soon as you get the symptoms, you should be concerned and let someone know about them. Obesity is genetic! People that are obese must suffer the medical consequences of their weight, that include diabetes, heart disease, and cancer, and that cause nearly 300,000 deaths in the United States each year. So, if someone has those medical issues, they can be passed down to their kids.